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NEX Tree Lighting Kicks off Holiday Season

By Doug Miller
NSAB Public Affairs
staff writer

"It seems like it was either yesterday or a lifetime ago," Lee Ann Doerflinger said, recalling the day uniformed men arrived at her door.

It was 2004. On Nov. 11 — Veterans Day — of that year, her son, Army Spc. Thomas Doerflinger, was killed in Mosul, Iraq.

Lee Ann Doerflinger joined fellow Gold Star Family members Nicole Bunting and sons Connor, 7, and Cooper, 5, and Carol Feria and her daughter, Andrea Leathers, 10, at the Naval Support Activity Bethesda (NSAB) Navy Exchange (NEX) for its second annual tree lighting, Nov. 13.

Doerflinger, who is president of the Maryland Chapter of the American Gold Star Mothers, said the holiday season can make missing loved ones lost in the line of duty all the more painful.

"He loved the holidays," she said of her son. "He loved Christmas. He loved Halloween."

"The holidays are definitely bittersweet," said Carol Feria. Her fiancé, Petty Officer First Class Matt Leathers, was killed in a training accident in Hawaii in 2013.

Army Capt. Brian Bunting died in February 2009.

Patsy Jackson is coordinator for NSAB's Gold Star program, which began Oct. 1 and serves a dozen counties each in Maryland and Virginia, as well as the District of Columbia. "We try to help families through the grieving process, and to deal with the milestones," Jackson said, including the anniversary of the service member's death, birthdays and holidays.

Andrea Leathers and the Bunting brothers helped Commanding Officer Capt. David Bitonti throw the ceremonial switch to turn on the lights of the Christmas tree and officially launch the holiday season at the NEX.



Photos by Doug Miller

Capt. David Bitonti, NSA Bethesda commanding officer, welcomed Gold Star Family members at NSAB's NEX tree-lighting festivities Nov. 13. From left are Bitonti, Nicole Bunting, Cooper Bunting, Lee Ann Doerflinger, Connor Bunting, Andrea Leathers, Carol Feria and Gold Star Coordinator Patsy Jackson.



Gold Star Family members Andrea Leathers, 10, and Cooper, 5, and Connor Bunting, 7, help Capt. David Bitonti throw the ceremonial switch as the NEX Christmas tree lit up for the first time this holiday season.

Children enjoyed assembling ornaments for their own trees at a couple of tables near the main entrance, and the Public Health Service Choral Ensemble sang Christmas carols.



Pausing to Reflect on our Blessings on Thanksgiving and Beyond

As the holiday season rapidly approaches, the frenzy of commercials, shopping, traffic, lines at the store and Black (Navy Blue) Friday deals may sweep us up in the happy, but sometimes frantic pace, that is the modern-day holiday season.

Thanksgiving is the beginning of the holiday season, and whether you and your family and friends celebrate Christmas, Hanukkah, Kwanzaa or any other holiday or tradition, the unifying element in all of these observances is the same. It's the special nature of the people with whom we celebrate.

There's no escaping the pace of modern life. However, I think it's important for each of us, at some point during the holidays, to take some time, even just a moment, to stop and think about what this and the spirit of the season really means.

If you are alive and have the love and support of your family and friends, your next meal, health, and a roof over your head, you have a lot to for which to be thankful. There are many around the world, and in our own country, which don't have these things, or are in jeopardy of losing them every day.

In this light, I think it's extremely important to take care of and reach out to one another this holiday season. Watch out for each other. Be social, but don't let those you care about engage in potentially dangerous behavior such as drinking and driving, drinking in excess or riding with those who do. We all work too hard, so don't jeopardize the future by over-indulging. There are a



myriad of programs available for use in order to have fun and celebrate, but to do it safely. Take advantage of those programs.

If you plan to travel, please do it safely. Get plenty of rest before beginning travels and plan ahead for your trip. Please don't wait until the last minute and take unnecessary risks. Make sure your vehicle is in good and safe working order if

you plan to drive.

Remember that the true spirit of the holidays is about people and being together. The time we spend with those we love and care for is special. Material things can be replaced, but the love, friendship, and camaraderie we share with those around us is one of the most precious gifts that we can give or receive during this holiday season and throughout the year. Be generous! Please keep our fellow deployed service members and their families in your thoughts and remembrances.

From me and my family, and on behalf of the entire Naval Support Activity Bethesda team, I want to wish you and your families and friends a wonderful, safe, and happy Thanksgiving.

**All Ahead Flank,
David A. Bitonti, Capt., DC, USN
Commanding Officer
Naval Support Activity Bethesda**

Bethesda Notebook

Native American Indian Event

The Walter Reed Bethesda Multi-Cultural Committee will host a Native American Indian event in observance of Native American Indian Heritage Month, Tuesday at 11:30 a.m. in the America Building, first floor lobby, piano area. For more information, call Hospital Corpsman 2nd Class Abeyratne at 301-295-4265.

Blood Drive Challenge

A blood drive is scheduled for Tuesday from 9 a.m. to 1 p.m. in Building 9 mezzanine level as part of the Army-Navy Blood Donor Challenge. To make an appointment to donate, visit <http://www.militaryblood.dod.mil/>.

TEAMSTEPPS training

A TEAMSTEPPS (Team Strategies & Tools to Enhance Performance & Patient Safety) fundamentals course, offered by Hospital Education and Training is Monday from 7:30 to 11:30 a.m., (sign in and welcome at 7 a.m.), in Building 5, 4th floor, Room 4027. For more information, contact Staff Sgt. Angela Stevenson at angela.y.stevenson@health.mil or enroll at classregistration@health.mil.

Birth Month Training

Birth month training for Army, Navy and civilian personnel at Walter Reed Bethesda is held every second and fourth Thursday of each month in Clark Auditorium beginning at 8 a.m. Training sessions include personal finance and stress management; EO and grievance procedures, hazing policy and prevention; sexual harassment and grievance procedures; suicide awareness and prevention; threat awareness and counterintelligence; and drug and alcohol prevention education. For more information, contact HMC Stephen Pierle at Stephen.s.pierle2.mil@mail.mil, or HM1 Scott Kuniyuki at scott.y.kuniyuki.mil@mail.mil.

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Combined Federal Campaign Kicks Off on NSAB

By Bernard S. Little
WRNMMC Public Affairs
staff writer

The 2014 Combined Federal Campaign (CFC) kicked off at Walter Reed Bethesda during a ceremony Nov. 10 on Naval Support Activity Bethesda (NSAB).

"This is the one time of year the federal government as a whole has the opportunity to make contributions to benevolent organizations that we feel warrant our support," said Navy Capt. David A. Bitonti, NSAB commanding officer. He explained CFC allows potential donors to give financial support to a multitude of nonprofit organizations that "do great things throughout the country."

Bitonti encouraged those who are able financially, to consider donating to one or more of the agencies under the CFC umbrella. "If everyone does their own little piece, that's what really makes all the difference in the world," he said.

The NSAB commanding officer also thanked key workers for their role in the campaign,



Photos by Bernard S. Little

From left, Navy Medicine Professional Development Center Commanding Officer Navy Capt. Phillip M. Sanchez, Naval Support Activity Bethesda Commanding Officer Navy Capt. David A. Bitonti and Walter Reed Bethesda Director of Nursing Services Army Col. Ray C. Antoine, cut the cake to kick off the 2014 Combined Federal Campaign on base Nov. 10.

adding, "You're where the rubber meets the road." Key workers are responsible for educating potential donors about CFC, and explaining how contributions can be made safely online through payroll deduction.

Navy Capt. Phillip M. Sanchez, commanding officer for the Navy Medicine Professional Development Center on NSAB, said there are more than 20,000 nonprofit organizations affiliated with CFC this year, giving potential contributors a large

number of possible agencies to which they can make their donations.

"We are our brothers' and sisters' keepers," added Walter Reed National Military Medical Center Command Master Chief Tyrone Willis, also encouraging people to consider donating to a worthy cause through CFC.

"Just imagine the impact we could make on people's lives if everyone gave just a little," Willis said. He stated many of the agencies within CFC assist and provide services to military members, active duty and retired, as well as their families, helping them through challenging times.

"This is our opportunity to give [back] to those groups," Willis said.

The origins of the Combined Federal Campaign can be traced back to 1961, when then - President John F. Kennedy signed Executive Order 10927, authorizing the United States Civil Service Commission to organize nonprofit solicitations of federal government employees. Kennedy's executive order was eventually replaced by then-

President Ronald Reagan's 1982 executive order 12353, "Charitable Fundraising," that created the modern Combined Federal Campaign under the United States Office of Personnel Management (OPM).

Last year, federal employees in the Washington Metro area donated more than \$51 million to a variety of charities under the CFC umbrella, according to officials with the CFC of the National Capital Area. Figures from OPM indicate CFC campaign results for 2013 exceeded \$209 million.

Since its inception in 1961, the CFC has raised more than \$7 billion in donations for numerous charities, according to OPM.

For more information concerning the CFC campaign at Walter Reed Bethesda, contact Information Systems Technician 1st Class Justin M. Wilton at 301-319-8976. To stay up to date with the regional CFC, follow @cfenca on Twitter or www.facebook.com/cfenca. On the internet, CFCNCA information is available at <http://www.cfcnca.org/>.

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NSA Bethesda: From the Deckplates

What Are You Thankful For?



"I am thankful for my job and my family."

— Candace Thomas,
NSA Bethesda Fleet and
Family Support Center
Transition and Employ-
ment Consultant



"I am thankful for my wife and son. I'm also thankful for my shipmates, who I've had the privilege to serve with here to make our missions successful."

— Master-at-Arms 1st
Class Christopher Varga,
NSA Bethesda Security



"I am thankful for family and true friends. I am thankful for life. I had my second battle with cancer last year and now I am cancer free. I am able to celebrate life with family, friends, and coworkers."

— Deana Kennedy,
U.S. Army Chief Military
Personnel, Walter Reed
National Military Medi-
cal Center



"I am thankful for life"

— Hospital Corpsman
3rd Class William Farm-
er, Operational Readiness
Deployment Manager,
Walter Reed National
Military Medical Center



"I am grateful for life because I am still here. I am grateful that my daughter and my grandson are healthy."

— Joyce Baldwin, U.S.
Army Retirement Ser-
vices Office



"I am thankful for my health and the health of my family, work and opportunities that come to me from God. Sometimes we take for granted things that come to us but we are truly blessed."

— SSG Roberto Picas-
somora, U.S. Army, NCO,
Radiology, Walter Reed
National Military Medi-
cal Center

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NSAB Holds Command Service Dress Blues Inspection



Photos by Mass Communication Specialist 2nd Class Brandon Williams-Church

Naval Support Activity Bethesda (NSAB) Sailors from the Security Department, Administration, Housing Department, Pastoral Care Department and Public Affairs department stand in ranks to hold the command dress blues inspection Nov. 14 at the USO Warrior and Family Center. NSAB Commanding Officer Capt. David A. Bitonti, Senior Enlisted Leader Senior Chief Jason Rakowski and Security Department Leading Chief Petty Officer Senior Chief Detrick Jones presided over the inspection.

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Stay Ahead of the Cold Through Winter Preparedness

By Mass Communication Specialist 2nd Class Brandon Williams-Church
NSAB Public Affairs staff writer

With blasts of cold temperatures from the winter season sneaking upon us, emergency and safety personnel on-board Naval Support Activity Bethesda (NSAB) urge service members and staff to be prepared for one of the coldest winter's the area is expected to receive.

NSAB Emergency Manager Ron Kunz and NSAB Safety Manager Jim Ganz have invaluable advice for making sure that you and your loved ones are as safe and prepared as you can be during the winter months.

Living in the D.C. Metro area and dealing with its weather conditions can be challenging to say the least.

"The D.C. Metro area historically seems to be in a locale where the weather can be extremely variable even with-



Courtesy photo

in a band as small as 5 to 10 miles east-to-west or north-to-south," said Ganz. "Conditions could be snowy on one side of the band, icy in the middle and rainy on the other side. It may be snowing in Germantown, icy in Rockville and raining in Bethesda. With that in mind, everyone should be prepared for all these types of weather."

Along with the varying con-

ditions throughout the area, emergency and safety organizations have beefed up their warning and information systems to help people during inclement weather.

"I implore people to pay attention to the weather warnings and advisories that are posted by the National Weather Service," said Kunz. "Starting Dec. 3, they will begin to

share more focused predictions for the National Capital Region, especially Montgomery County. This in turn gives more accurate information as to where the weather events are going to occur."

Websites such as www.Capitalalert.gov and www.Ritis.org have also been implemented to help people in the region by sending them emergency

updates by county or allowing people to view live traffic reports through traffic cameras, respectively, according to Kunz.

The major areas of concern Ganz and Kunz emphasize are travelling in extreme weather, vehicular maintenance and preparedness, dressing for the weather and household preparedness.

Travelling in Extreme Weather

"Make sure your car is ready for the winter," said Ganz. "Take it in to the shop (or do it yourself if you have the ability). Make sure that the vehicle is tuned up for the cold weather, which includes checking the tires and brakes; belts and hoses; battery and fluids (especially antifreeze and windshield fluid). You also need to remember to drive for the conditions around you. Usually this means to slow down! Four-wheel drive will

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WRNMMC Leadership Hosts Town Halls

Joint Commission, Construction Projects, Ebola Virus Preparedness Discussed During Meetings

By Bernard S. Little
WRNMMC Public Affairs staff writer

Leadership at Walter Reed Bethesda (WRB) hosted town hall meetings on Nov. 13, discussing a number of issues affecting the medical center, including its preparation for its Joint Commission survey, preparedness to respond should a patient present himself with suspected Ebola Virus Disease (EVD), and ongoing and upcoming construction projects.

Navy Capt. Sarah Martin, WRB chief of staff, said surveyors for The Joint Commission (TJC) will be at the medical center "no later than March" for their review and evaluation of the hospital's quality of health care and efficiency of administrative procedures. In March 2012, WRNMMC successfully completed its first survey by TJC following the integration of the former Walter Reed Army Medical Center and the National Naval Medical Center.



An artist's rendition shows how Walter Reed National Military Medical Center is slated to appear following the medical center's addition and alteration project, scheduled to start in the spring of 2017 with a completion date set for 2020. The project is set to deliver 540,000 square feet of new and renovated space to the medical center.

TJC is the main accrediting body for the nation's health care organizations, and those accredited by the TJC are subject to a three-year accreditation cycle. The unannounced

full survey is a key component of TJC accreditation process, Martin explained, adding "unannounced" means the organization does not receive an advance notice of its survey date.

"We have been getting ready [for TJC]," Martin said. She encouraged staff to continue to prepare for the survey using the All Hands Survey Readiness e-Guide; Leaders'

Survey Readiness Checklist; Improving the Care Environment Checklist; and Operative and Invasive Procedures Tracer Tool. There is also a Joint Commission Readiness Guide link on the WRNMMC intranet.

Anyone with questions regarding the TJC should contact Eugene Monroe, department chief, JC at WRNMMC at Eugene.c.monroe2.civ@mail.mil.

Also during the town halls, Cmdr. Jeffrey McCoy, facilities management department chief, provided an update on facilities construction affecting WRNMMC. He said the patient parking garage, Bldg. 55, has been under repairs for more than two years and is expected to be completed in June 2015, opening approximately 400 patient parking spaces.

A project starting in spring 2015 is the replacement of all windows and metal exterior panels of Bldgs. 9 and 10, as

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Family Symposium Aims to Change Perception of Wounded Warriors

By Mass Communication Specialist 2nd Class Brandon Williams-Church
NSAB Public Affairs staff writer

When you think of the term 'wounded warrior,' what is the first image that comes to your mind? A service member returning from the frontlines who lost a limb, or the service member receiving treatment for a non-combat related traumatic brain injury (TBI)? For the majority of Americans, the first image is the one we would associate with the term.

To help change this misconception of what a wounded warrior is, the Navy Wounded Warrior - Safe Harbor program onboard Naval Support Activity Bethesda (NSAB) along with the support of Walter Reed National Military Medical Center (WRNMMC), Naval District Washington (NDW) and other organizations on base recently held the first family symposium onboard NSAB to define what wounded warrior really means in today's military.

"A lot of the population has changed, in regard to having Sailors with Post Traumatic Stress Disorder (PTSD) from different factors other than combat," said

Cmdr. Dante Terronez, regional director for Navy Wounded Warrior - Safe Harbor. "The [purpose of the] symposium was to help us define what a wounded warrior is. We had experts on PTSD, TBI and oncology, and they are dealing with people that typically, you can't see what is going on with them. You can't see that they are a wounded warrior. One of the experts likes to use the term invisible warrior. A lot of times when you see a wounded warrior you think of the iconic Wounded Warrior Project insignia, but what we are trying to say is 'yes, it is that, but also it's the service member sitting there with stage four cancer.' Is he any less of a wounded warrior?"

"These are the people we are serving," Terronez emphasized. "They all deserve consideration. What's the connotation to it? You're thinking of the guy who's come back from battle missing a limb, but you can also think of the guy coming off a fast attack sub with stage four cancer ravaging his body. The point of the symposium was to highlight the wounded, ill and injured, get information from them and to provide a venue where they feel comfortable providing feedback. It's also about bringing their families in to get their perspective."

Highlighting the event were guest speakers, specialists in their respective fields of psychiatry, neuropsychology, TBIs and oncology. Also highlighting the symposium were two panels of Navy and Coast Guard wounded warriors and their families. Dealing with different injuries, these wounded warriors shared their experience in the service, how they came to be a wounded warrior, as well as the challenges of being a wounded warrior and the help that they have received from Safe Harbor.

"The symposium was not just for people who are currently wounded, ill and injured but for all service members, to know that for whatever reason you are now ill or injured, be it from mountain climbing, riding a bike or getting hit walking across the street, to coming home from combat or that you have cancer, there is a program here for you," said Master Chief Anthony Edwards, non-medical care manager for Navy Wounded Warrior Safe Harbor (NDW). "Just the assurance of knowing that there is a program out there to provide non-medical assistance will go a long way. Even as you grow in leadership, you can reach out to Navy wounded warrior programs

that will assist. We are making great progress."

Breaking the stigma of being a wounded warrior and asking for help was a thread that tied together every panel member, and that Safe Harbor is emphatically trying to reinforce.

"There was a Coast Guardsman with a heart condition which is driving him out the service, and when he talks about getting helped for being a wounded warrior there is that stigma that since you haven't lost a limb, why are you a wounded warrior?" said Terronez. "Having to deal with immense challenges physically and their families dealing with challenges too is something that we at Safe Harbor are working to alleviate," Terronez continued.

"These people joined the service because they wanted to be a part of something bigger or they saw something special in serving their country and were willing to put on that uniform and risk their lives if they have to," he continued. "But, at the same time, the service that they are willing to dedicate so much of their lives to should be looking to help them as well and giving back to them."

Safe Harbor intends to hold a symposium annually during Warrior Care Month with the premise of being a part of warrior care

and to take advantage of the goal of the month: to increase awareness of the resources available to wounded, ill and injured service members, as well as their family members and caretakers. With the other activities being held during the month, it's the Navy wounded warrior's aim to have a symposium and provide some of the latest information with the support of NSAB and WRNMMC and under the authority of NDW, said Terronez.

"The mission is not going to go away," Terronez concluded. "There will always be ships at sea and you will continue to have people fall down a ladder well or get hit on the head with a hatch and get symptoms of a TBI. Then on the other spectrum, you have people with serious illnesses, so with the wounded warriors, whether they be from the Army, Air Force, Navy, Marines or the Coast Guard, wounded warrior programs are important for all the services. Safe Harbor is ours. At the end of the day we're just trying to help out our shipmate, we're just trying to help out our friend. The other side to the coin is that it could easily be us one day. All we want to do is help people."

Hematology-Oncology Nurse Lifts Patient's Spirits, Wins DAISY Award

By Sarah Marshall
WRNMMC Public Affairs staff writer

When retired Marine sergeant Kim Hunter was diagnosed with ovarian cancer last year, she said she felt hopeless, scared, and defeated – until she met her nurse in the Hematology-Oncology Clinic at Walter Reed Bethesda.

Hunter recently nominated her nurse, Sarah Bernstein, for a DAISY Award, and on Nov. 13, Bernstein received the award for the month of September. The DAISY Award is presented monthly to a staff member who has exhibited extraordinary nursing care, and they may be nominated by other personnel or patients. Each month, the DAISY winner receives a certificate, pin and a unique, hand carved sculpture called the "Healer's Touch," carved from Serpentine stone. Since Walter Reed Bethesda began presenting the award in February 2012, almost 800 nursing team members have been nominated.

The former Marine said, like many women diagnosed with ovarian cancer, she first

thought her symptoms were related to pre-menopause or gastroenterology issues, as she endured constant bloating, constipation, and heavier menstrual cycles – but she knew something was not right. Hunter underwent further testing and on Feb. 28, 2013, learned she had Stage 3C ovarian cancer, which meant it was at a higher grade and had started spreading to her lymph nodes. She underwent massive surgery to isolate and remove multiple tumors. About three weeks later, she began chemotherapy at Walter Reed Bethesda and Bernstein began treating her – and lifting her spirits, she said.

Hunter explained the nurse's energy and honesty has helped her through this difficult journey. With about 27 years of experience in nursing, Bernstein also helped the patient understand her treatment, and what to expect.

"She's wonderful," Hunter said. "She doesn't give me false promises, but she is always helpful, and she says, 'We'll get through this.'"

Knowing Hunter likes organization, the nurse gave her a

calendar, noting the dates of her appointments. She also organized her lab slips, and created a binder for the patient to keep track of the copious amounts of information she received about ovarian cancer.

Hunter added Bernstein was part of a team of caring nurses, and wanted to show her appreciation for their support. She did so by nominating Bernstein for the DAISY Award. In her submission, she wrote she will never forget the moment she met her nurse, how she maneuvered into the room "all smiles and sunshine."

"From the moment this nursing team member entered into my 'Post-Cancer' existence, I have never felt alone. This nurse has always returned my phone calls, even in the evening and on the weekends," Hunter wrote. "This nurse makes the care of patients a passion. This nursing team member is the kind of nurse who consistently goes out of the way to give a little extra to each patient and family ... This nurse's outstanding commitment to pa-



Photo by Sarah E. Marshall

Retired Marine sergeant Kim Hunter, left, nominated her nurse, Sarah Bernstein (right) for the DAISY Award. Bernstein won the September DAISY Award. "This nurse makes the care of patients a passion," stated Hunter in her nomination of Bernstein for the award.

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DAISY

Continued from pg. 7

tients and families, as well as dedication to making the Walter Reed National Military Medical Center a better place is present in every action. This nurse is the very type of nurse the DAISY Award was created to celebrate and acknowledge. No matter how busy it is, this nurse never forgets that I am a person with hopes, fears and desires.”

Hunter continues battling cancer, and says she continues to keep a positive outlook.

“All of us have numbered days, and each day is a blessing. You should take each day and make it fulfill-

ing. I need to live those days to the fullest. One of the ways [I’m doing that] is by making sure I acknowledge those people I care about,” Hunter said.

Upon receiving the award, Bernstein said she was surprised. She appreciated the recognition, and having such an impact on a patient.

“It’s very humbling,” Bernstein said. “It’s been a long road, and it isn’t over,” she said of Hunter’s journey.

In addition to working in Hematology-Oncology, Bernstein also trains nurses to be port certified, allowing them to use implantable ports, placed under the skin and used to administer chemotherapy. It also keeps the veins from collapsing, as they might often do during chemotherapy. Previously, she worked at both the former National Naval Medical Center and former Walter Reed Army Medical Center.

Bernstein said she always seeks to educate her patients about what they’re going through, ensuring they understand their disease and treatment. She explained ovarian cancer is often called a “silent killer” because it is often mistaken for menopause. Each year, approximately 20,000 women in the U.S. will develop ovarian cancer, according to the Centers for Disease Control and Prevention (CDC). All women are at risk, but about 90 percent of women who develop ovarian cancer are older than 40, with the greatest number of ovarian cancers occurring in women over 60. It’s the eighth most common cancer and fifth leading cause of cancer death in the US, the CDC reports.

Hunter continues to undergo chemotherapy at Walter Reed Bethesda, but says she maintains a positive outlook thanks to her nurse. “She has really changed my life,” she said.



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SNOW

Continued from pg. 6

not do anything for you when the roads are icy and never pass a snow plow or salt spreader unless it is absolutely necessary. Give yourself extra time to get from point A to B and increase your following distance while you are driving.”

Along with taking these precautionary measures, knowing your surrounding area’s traffic patterns, having alternate routes planned and keeping up on advisories is crucial when it comes to travelling in the snow, said Kunz.

“The region is pushing for people to be 100 percent prepared for this winter,” said Kunz. “The key phrase to remember is S.N.O.W. Stay off the roads, Not Out in the Weather.”

For those who take public transportation, Kunz shares some sound tips.

“The Metro systems advised that delays will start on the rails and bus routes if we receive two to four inches of snow. If we receive four to eight inches, expect 15-to-30 minute delays on the rails and buses. If eight or more inches fall, the above-ground railways will stop service and buses will be on emergency routes only.”

Vehicular Maintenance and Preparedness

Having your vehicle winterized

and prepared for the worst weather is a potentially life-saving measure that both managers highlight. Making sure your car has an emergency kit complete with blankets, a shovel, sand or kitty litter for traction, jumper cables, flashlights, extra vehicle fluids, ice scrapers, road flares, first aid kit, extra clothes and food supplies is essential for the extreme weather.

“Have some basic tools available including pliers, a wrench (adjustable type), screwdrivers (get one that has interchangeable flat and Phillips-head shafts), a funnel, duct tape, a pocket knife and some good rope,” said Ganz. “Make sure your car is cleared of snow and ice before you drive. Don’t neglect to clean the roof of your vehicle when clearing it of snow and ice. Snow blowing off the roof of your car (or peeling off in chunks or sheets) poses a hazard to anyone driving behind you. Additionally, people also forget to ensure that their head lights, tail lights and brake lights are cleared of snow and ice before they drive away. Clear most (if not all) of the windows – front and rear windshields as well as side windows. Don’t compromise your safety or the safety of those around you by cutting corners here.”

Dressing for the Weather

Dressing properly for cold weather should go without saying, but it is better to be prepared with knowledge than to be left out in the cold during the extreme weather (pun intended).

Kunz advises wearing several layers of loose-fitting, lightweight and warm clothing, rather than one layer of heavy clothing. The outer garment should be tightly woven and water repellent. Wearing protective hand covering, a cap and a scarf to cover your mouth to protect your lungs is also helpful to keep you warm.

“Dress appropriately in layers and as you feel warm peel back a layer, so you aren’t sweating in the cold to stay dry,” said Kunz. “Stay well hydrated and watch out for hypothermia.”

“Some other things that people tend to forget or ignore include making sure that the body is acclimatized to the colder weather,” said Ganz. “This includes taking part in winter activities such as skiing, snowboarding or sledding. The first snow day of the year often brings people out for these activities. If they don’t dress properly or if they forget to wear gloves or the proper footwear for the condition, they can run the risk of getting a cold weather injury or frostbite.”

Household Preparedness

“Try to mitigate the chaos before the snow comes and pre-treat your sidewalks and nearby roads,” said Kunz. “As far the house, if you have oil heat, make sure you fill the tank up before the season; if you have a fireplace make sure you have enough fire wood. It’s always good at the beginning of the season to check your spaces for air leaks and maybe do some insulating or

put the storm windows in.”

Ganz further advises having flashlights, lanterns, working smoke detectors, extra batteries and candles (though never leaving any flame unattended).

“Find a good, old-fashioned phone that just uses the phone jack and keep it for those times when the power goes out,” said Ganz. “At least you will still have the ability to communicate. You should have one anyway, but especially at this time of the year, get a fire extinguisher and store it where it is readily available if needed. If you have gas heating in your house, or if you have a fireplace that you use often, or a wood burning/pellet burning stove/heater, get a carbon monoxide detector. Have a fire evacuation plan and meeting place outside of the house. Practice it. Become familiar with your home’s electrical panel and know how to locate and operate the main breaker in the dark. Keep some emergency cash on hand in a secure place as well.”

Being prepared for the winter can make all the difference in surviving the cold. Ganz and Kunz recommend all families stay ahead of the curve when it comes to dealing with the extreme weather. Making sure you have the proper supplies, knowing the best emergency informative options and being pro-active are all ways to ensure that you and your family will have safe and happy holidays this year.

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*Bureau of Labor Statistics, U.S. Department of Labor, *Occupational Outlook Handbook* report on Information Security Analysts (Job Outlook, 2012 -2022). Published Date: Jan. 8, 2014.

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TOWN HALL

Continued from pg. 6

well as repair of cracks, water and air intrusion issues, and caulking, which is expected to last until 2018, McCoy said.

Construction plans also include a covered walkway from Bldg. 62 (Tranquility Hall) to Bldg. 19, in addition to a number of other landscape improvement throughout the base, McCoy continued.

He added renovation work continues on Solace Hall (Bldg. 61) and is expected to be completed in 2015.

Another planned construction project affecting many WRNMMC staff members and others on Naval Support Activity Bethesda is the MD 355 Metro crossing, a Montgomery County project. The work includes a pedestrian underpass beneath Rockville Pike (MD 355). Work will also include a second tunnel off of the mezzanine level of the medical center metro which will go under MD 355 and

bring passengers up on the Navy side of the highway. This project is expected to begin next summer and last approximately two-and-a-half years, McCoy explained.

On base, construction of a new 650-space parking garage is expected to being next spring, with completion scheduled in 2016, McCoy continued.

McCoy added a Medical Center Ad-

dition and Alteration project, expected to begin in 2017 and last until 2020, delivers 540,000 square feet of new and renovated space, primarily impacting Bldgs. 2, 4, 6, 7 and 8.

Following McCoy's brief, Dr. Margan Zajdowicz, incident commander for Ebola Preparedness at WRNMMC, discussed the medical center's planning and preparedness for EVD. The retired Navy captain explained WRNMMC has had ongoing training and medical readiness exercises concerning EVD since August. She added there has been continuous education of staff concerning EVD, most importantly stressing to staff members:

- EVD can only be transmitted from direct contact with blood and other bodily fluids;
- If the patient is asymptomatic, they can't transmit the virus;
- There are no current EVD cases in U.S.; and the two cases of EVD acquired in the U.S. resulted in 100 percent survival.

"It's becoming somewhat apparent that if you can be cared for with this disease in a developed country, your survivability is probably significantly better than in a country that unfortunately has diminished infrastructure from both the clinical care and public health point of view," Zajdowicz said.

The next WRNMMC town hall meetings are scheduled for Dec. 9 at 7 a.m., noon and 3:30 p.m. in Memorial Auditorium.

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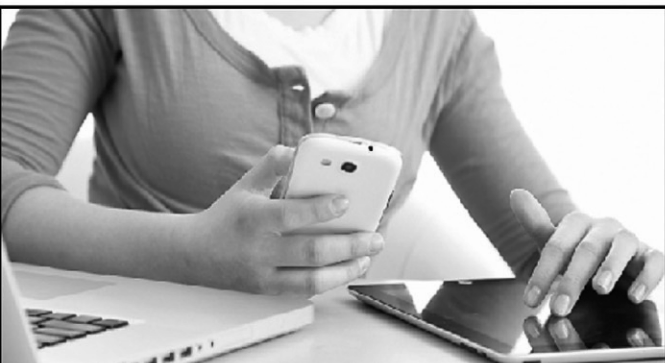
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